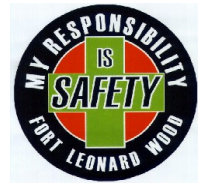


# Safety Alert 06-11

## **Heat Can Kill !**

12 July 2006



**Because of the on-going combined heat and humidity, we must be observant for the symptoms of heat related illness and injury. Prevention is the best weapon against life long injury or even death. Early treatment is crucial when symptoms begin to develop. Heat injuries can quickly turn into a life threatening condition.**

### **If symptoms develop:**

❖ **COOL THEM DOWN!** Immediately apply ice sheets, cool the person with water, remove excess clothing, move them out of the sun into the shade. **Notify medical personnel** for emergency treatment and evacuation to a medical facility. **Don't guess**, if the symptoms are present, assume it **is** a heat injury.

### **Reminder:**

- ✓ It takes 1 to 2 weeks for an individual to become acclimated to the heat and humidity. The affects of heat on the human body accumulates, so even on a cool day, symptoms may still appear because of activities of previous days.
- ✓ Consider water a tactical weapon, drink frequently, at the rate of 1½ quarts per hour, not to exceed 12 quarts per day.
- ✓ Avoid alcohol and caffeine as they will only contribute to dehydration.
- ✓ Eat properly balanced meals, don't skip meals.
- ✓ Take cool showers throughout the day and sleep in a cool environment when possible.
- ✓ Be aware that dark colored urine is a sign of dehydration, increase water intake.
- ✓ Perform heavy work in the cooler part of the day when possible.
- ✓ Minimize heat stress by decreasing the work pace and/or increasing the rest periods.
- ✓ Persons undergoing treatment for acute or chronic medical conditions, or who are taking medications, may be at greater risk for heat injury.
- ✓ Ensure all personnel are aware of how to recognize the symptoms. **Report any suspected heat injury immediately.**

Information was taken from pages 1, 2, and 5 of GTA 05-08-12, *Individual Safety Card*, available from TADDS. Ensure personnel have a copy and understand how to recognize and treat heat injuries.

**MANSCEN SAFETY OFFICE**